

Grades 4-6 Safe Environment Assessment

Parent: Please print this page or ask your DRE to send you a printed page if you do not have access to a printer. Once your son/daughter completes these questions, you can scan and send, fax and send or “snail mail” to your DRE.

Student: You may complete these questions with the help of your parent/guardian, and you may also go back to the slides that you viewed. Looking back is not cheating, it will just help you to learn this information.

Name _____ Date _____ Parish _____

1. Which of these is not a sign of a healthy relationship? Circle the ones that do not belong.

The Relationship:

- protects your mind, body and spirit.
 - allows you to feel comfortable.
 - gives you special favors or advantages.
 - helps you live out your faith each day.
 - makes you feel like others are not as good as you.
2. Unhealthy relationships that are not good for you can: (fill in the blanks)
- harm your body, mind or _____
 - cause you to feel _____
 - give you _____ feelings inside
 - hurt your _____ with God
3. Taking care of your total well-being, as a person require which of the following? (cross out the words that are **not types** of self-care, circle the types of self-care that are important to your total well-being).

Social	Community	Physical	Obedience
Emotional	Grades in School	Spiritual	

4. What are some good habits that you can practice that will help you to grow a healthy spirituality? Name at least two.

5. Complete the definition of boundaries in the statements below?
- First, _____ keep you physically and emotionally safe.
 - Second, boundaries teach you how to _____ and _____ in different situations and relationships.
 - Third, boundaries help you to let others know how you will treat them and how you _____.

6. Complete in your own words a definition of a “groomer?”

7. Give at least two examples of what a groomer might say or do to trick you into letting him/her violate your healthy boundaries?

8. Label the lists below as **External** or **Internal** Boundaries?

_____ Keep your body safe and healthy.
 You have body parts that are private and personal.
 You have the right to protect your privacy.
 No one should touch you where your bathing suit covers, except a doctor.

_____ It’s ok to have feelings and thoughts that you keep to yourself.
 Other people do not need to know everything about you.
 Protect the deepest part of who you are – your spirit.

_____ Children should understand age-appropriate relationships.
 A 19-year-old teenager starts to hang out with the 12 and 13-year olds in the neighborhood.
 An 11-year-old girl talks about dating a 17-year old boy.

_____ You should object when someone uses offensive or sexual language in your presence.
 Someone may be using offensive language to see how you react!
 Using offensive language can be part of the “grooming” process – be careful!

_____ Do you feel someone is trying to get you to do something that you know is wrong?
 Do you have an uncomfortable feeling inside?
 Are you being asked to keep secrets?

9. Which of the following are signs of abusive or potentially abusive situations? Check all that apply.

You are hugged by a relative when they arrive for a family celebration, the hug is short, and you are not uncomfortable.

You are asked to keep a secret about something that makes you uncomfortable.

You receive gifts for something in return.

You have private thoughts about your future and choose not to share that with anyone but close family and friends.

You are forced into doing something that you know is wrong.

An individual always seems to want you to stay away from family or other friends and wants you to be with them all the time.

You are threatened or harassed, in front of others or online (social media).

You are clear and consistent about maintaining healthy boundaries, but you are worried about what others will think

10. Match the examples with the correct “R” of Protection.

A. Recognize	<input type="checkbox"/> Unwanted and inappropriate attention. This will stop most attempts at molestation. SAY NO!
B. Resist	<input type="checkbox"/> You should tell about attempted or actual molestation to your parent or other trusted adult. You will not be blamed for doing anything wrong because you told an adult.
C. Report	<input type="checkbox"/> Situations that place you at risk of being molested. Know how child molesters operate, and that anyone could be a molester.